POWERbreathe® K-SERIES

POWERbreathe K-Series Model
Features Table

				Consumer K-Series					Medical K-Series
	Icon	Features	Explanation of features	K1	K2	K3	K4	K5	KH1
User Groups		Suitable for wellness users	Wellness users include: Individuals experiencing breathing difficulties including: Asthma, Chronic Obstructive Pulmonary Disease (COPD – inc. emphysema and bronchitis); Cystic Fibrosis; Chronic/congestive heart disease, Neuromuscular disease and Spinal Cord.	●	●	●	●	●	
		Suitable for fitness users	Fitness users include: Recreational sports enthusiasts - running; cycling, rowing, swimming, canoeing/kayaking, winter sports, rugby, football, racket sports, keep fit/yoga, basketball/volleyball and hockey.	●	●	●	●	●	
		Suitable for sports performance users	Sports performance users include: Athletes - running, cycling, rowing, swimming, canoeing/kayaking, winter sports, rugby, football, racket sports, basketball/ volleyball, hockey, sports professionals, coaches/trainers and sports therapists.	●	●	●	●	●	
		Suitable for healthcare professionals	Healthcare professional users include: Doctors, General Practitioners, Physiotherapists, respiratory and cardiac specialists, surgeons and nurses.						●
Loading System		Advanced variable load training	The electronically controlled resistance valve provides a variable pressure threshold resistance, optimised to match the strength profile of the inspiratory muscles for maximum training effectiveness.	●	●	●	●	●	●
		Auto-optimising IMT technology	The POWERbreathe K-Series Auto-optimising Inspiratory Muscle Training system automatically adapts to your personal training requirements.	●	●	●	●	●	●
		Manual training intensity option	The training intensity adjustment option allows resistance to be manually set from 5 to 200cmH_2O to suit your personal training requirements.	●	●	●	●	●	●
		Washable valve mechanism	The K-Series valve head can be removed for cleaning using POWERbreathe cleansing solution (sold separately).	●	●	●	●	●	●
		Interchangeable valve heads (You and I feature)	Interchangeable Valve Head option for multiple users (additional valve heads sold separately).	●	●	●	●	●	●
Modes		Training mode	Trains the inspiratory muscles using a resistance training protocol	●	●	●	●	●	●
		Test mode (S-Index - single breath test)	Measures inspiratory muscle Strength Index		●	●	●	●	● 1
		Test mode (PIF/Flow)	Measures Peak Inspiratory Flow		● 2	● 2	● 2	● 2	● 2
		Test mode (MIP)	Measures Maximal Inspiratory Pressure (highest 1 sec average)						●
		Warm-up mode	Can be used to warm-up the inspiratory muscles prior to exercise			●	●	●	
		Cool-down mode	Can be used to cool-down the respiratory muscles after exercise			●	●	●	
		Custom mode	Personalise your training session created using Breathe-Link PC software					●	
Results Display — Test Results		S-Index	Index of inspiratory muscle strength (cmH_2O)		●	●	●	●	●
		S-Index Rating (poor, fair, average, good, excellent)	Comparison with population normal values based upon user stats (Age, Height, Weight, Gender)		●	●	●	●	●
		PIF/Flow	Peak Inspiratory Flow (Litres/s)		●	●	●	●	●
		Volume	Maximum inhaled volume (Litres)		●	●	●	●	
		MIP	Maximal inspiratory muscle strength (cmH_2O)						●
		MIP rating	Comparison with population normal values based upon user stats (Age, Height, Weight, Gender)						●
Results Display — Training Results		Load - current session (cmH_2O)	Current session training load (cmH_2O)	●	●	●	●	●	●
		Graphical load history (last 36 sessions)	Graph of previous 36 training load results			●	●	●	
		Power - current session average (watts)	Current session average power (Watts)	●	●	●	●	●	●
		Graphical power history (last 36 sessions)	Graph of previous 36 average power results			●	●	●	
		Inhaled volume - average per breath (litres)	Current session average volume (Litres)	●	●	●	●	●	●
		Graphical volume history (last 36 sessions)	Graph of previous 36 average volume results			●	●	●	
		T-Index - current session (%)	Training Index (%) [Measure of training session effectiveness]		●	●			●
		T-Index rating (low, med, high)	Rating of training session effectiveness		●	●			●
		Graphical T-Index history	Graph of previous 36 Training Index results			●			
		Breathing energy (joules)	Measures the mechanical work of breathing during your breathing training session. (Joules)				●	●	
		Graphical breathing energy history (last 36 sessions)	Graph of previous 36 Breathing Energy results				●	●	
		Session number	Number of training sessions completed			●	●	●	
Training Guidance System		Breathing pacing guidance	Buzzer indicates when the user should inhale in order to optimise breathing patterns and prevent hyperventilation	●	●	●	●	●	●
		Current training session breath counter	Displays number of breaths remaining in current training session	●	●	●	●	●	●
		End of training session indicator	Alarm indicates that training session is over	●	●	●	●	●	●
Electronic Features		Electronic power-on/select and scroll buttons	Used to switch the device on and to navigate through the menu system	●	●	●	●	●	●
		LCD display	Used to display results and settings	●	●	●	●	●	●
		Charge level indicator	Indicates battery life remaining	●	●	●	●	●	●
		Charging LED	Red LED: on = charging, off = charging complete	●	●	●	●	●	●
		Auto power-off	Shuts down after 5 minutes of not being used	●	●	●	●	●	●
Power System		Rechargeable NiMH battery or mains power	Powered from NiMH rechargeable battery pack or mains supply	●	●	●	●	●	●
		Mains 5V mini-USB charger	Mains 5V mini-usb charger for recharging or run off mains power	●	●	●	●	●	●
		Rechargeable via PC USB port	Can be connected to a PC USB port for recharging using the mini-USB cable	●	●	●	●	●	●
		Charge time	Maximum battery recharge time from empty - up to 16hrs	●	●	●	●	●	●
		Training time (battery life)	Battery life from full charge - up to 2 weeks	●	●	●	●	●	●
Accessories		Recharging and display stand	To display the device during charging	●	●	●	●	●	●
		Storage pouch	Microfibre breatheable pouch to keep the device clean during storage	●	●	●	●	●	●
		Soft-touch nose-clip	Can be used to close off the nose during training	●	●	●	●	●	●
		User manual	Simple to follow user guide	●	●	●	●	●	●
		Cleansing tablets	Trial 4-pack of cleansing tablets for disinfection of the valve head	●	●	●	●	●	●
		DVD	POWERbreathe DVD	●	●	●	●	●	●
		TrySafe bacterial/viral filter adapter	Allows bacterial/viral filter connection for multi-person use						●
		Patient data recording pad	Patient training and test results recording pad						●
Breathe-Link Software	**Breathe-Link software**								
		Breathe-Link PC software for real-time breathing measurement and analysis	Real-time breathing measurement & analysis software for PC only **(not currently available for MACs)**. Maximises training & test performance in real-time. Stores results for analysis. Import and Export .bre files allowing data to be shared amongst Breathe-Link users.				●	●	
		PC graphical view	Easy to understand live test, feedback graphs to monitor each breath, with visual feedback to help improve your performance.				●	●	
		Breath-Link ProView advanced analytics	For a detailed, simultaneous plotting & analysis of all inspiratory muscle training data.					●	
		Print/PDF generator	Keep detailed high resolution records of each session. Share training history for analysis in printed or PDF format.					●	
		Live real-time performance monitoring	See real-time test and training performance live on screen.				●	●	
		Breathe-Link custom training mode	Allows you to create and upload your own personalised breathing training sessions.					●	
		Training statistics review	Review the details and trends of your Breathe-Link training sessions.				●	●	

BREATHELINK
LIVE FEEDBACK SOFTWARE

● Indicates Features Included

● 1 Note 1: For the KH1 and KH2 models, S-Index test result is output following a PIF test
● 2 Note 2: for K2, K3, K4 and K5 models, peak flow result is output following an S-Index test

Copyright © 2012 POWERbreathe Holdings Ltd. All rights reserved. POWERbreathe® is a registered trademark and Breathe-Link™ is a trademark of POWERbreathe Holdings Ltd. POWERbreathe reserves the right to change without notice, product offerings or specifications. E&OE. JN3338 V4